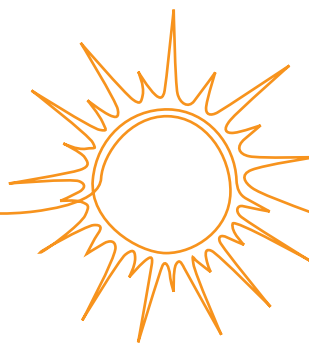


悅齡服務

Active Ageing Services



服務方向 SERVICE ORIENTATION

悅齡服務致力為退休人士及長者提供多元化服務，讓他們展現精彩的人生下半場；兩間長者地區中心提供社區支援服務予觀塘區長者及照顧者，並與不同團體合作，造就長者友善社區，同時讓長者保持健康活躍、持續參與及貢獻社區；而創老工作室旨在與不同團體和人士跨界別合作，共同創造具創意及支持健康高齡化的方案。

Our Active Ageing Services strive to enhance the well-being of retirees and elders aged 50+ with a diversified service portfolio designed to enrich the second half of their lives. On a mission to create an age-friendly community in which elderly can stay physically active, socially engaged and committed to community affairs, our two District Elderly Community Centres (DECCs) continued to provide elders and their carers in the Kwun Tong district with community support services and forged multiple partnerships with other institutions. Meanwhile, InnoAge aimed to extend interdisciplinary collaboration to the development of innovative solutions in support of healthy ageing.

服務摘要

SERVICE HIGHLIGHTS

共「里」一起 齊心抗疫

過去一年，新冠肺炎疫情持續，順安及真光苑兩間長者地區中心在社會福利署觀塘福利辦事處推動下，分別與區內不同社福單位合辦「共里一起@觀塘」，宣揚疫情期間鄰里守望相助的精神，推行了一系列活動，包括網上聖誕派對、和諧粉彩工作坊、打氣歌製作、市區巴士車身宣傳等，為觀塘區內超過400個家庭帶來正能量。



1



2



3

1. 「共里一起@觀塘」之巴士車身宣傳。
A bus advertising campaign under the "Neighbour Together@Kwun Tong" project
2. 網上影片製作
Online video production
3. 網上小組
Online group session

善用資訊科技 推動線上活動

因應社交措施限制，兩間長者地區中心去年致力運用社交媒體，推行網上視像小組及直播活動，並協助超過900名長者及照顧者掌握資訊科技的應用，讓他們即使留在家中，仍能與社區保持聯繫，並獲取最新資訊。

Seeking Digital Alternatives to Traditional Events

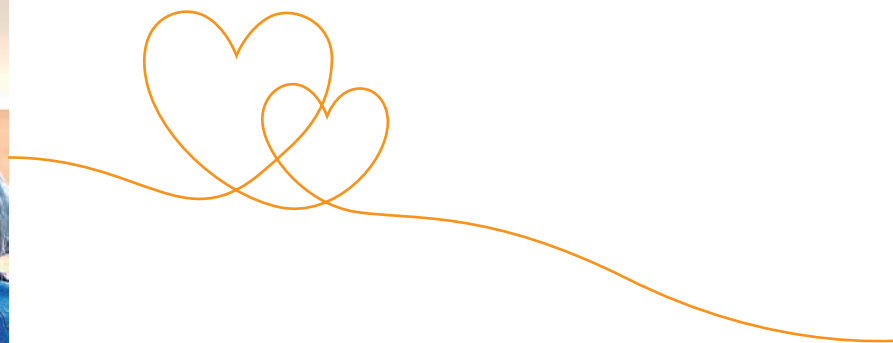
Due to social distancing measures in place, our DECCs used social media to organise online group activities and live events. More than 900 elders and carers were introduced to the basics of information technology, so they could stay in the know and keep in touch with the rest of the community from the comfort of their own homes.



關注身心健康 支援獨居雙老

疫情期間，長者的身心健康備受關注。由香港賽馬會慈善信託基金資助的兩個計劃—賽馬會「樂齡同行」計劃及賽馬會「抗疫同行」長者支援計劃於2020年1月及2020年12月先後推出。前者為期4年，主要為有抑鬱風險或輕度抑鬱徵狀的長者提供輔導服務及義工同行支援；後者為期18個月，主要為1,600名獨居及雙居長者於疫情下提供生活支援及健康關顧，減少他們的孤獨感，提升身心健康。截至3月底，兩個計劃共訓練了104名關懷大使，並為超過1,000名長者提供不同方面的支援，包括超過3,000次電話關顧、900次健康檢查、300次家訪及派發生活物資，並轉介38名有特殊需要的長者接受其他適切服務，以及為11名抑鬱長者提供深入輔導服務。

1. 「抗疫同行」之健康檢查。
Health checks arranged by the "Special Project for the Elderly under COVID-19".
2. 「樂齡同行」之樂齡之友。
Peer supporters of the "JoyAge Project".



Caring for Elders Living Alone Mentally and Physically

The physical and mental vulnerabilities of elderly have become a public health priority amid the pandemic. Therefore, CFSC kick-started two projects in January and December 2020, namely "JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness" and "Special Project to support Elderly Singletons and Doubletons under COVID-19", both of which were funded by The Hong Kong Jockey Club Charities Trust. The former is a four-year programme intended to provide clinical interventions and peer support to elders with mild to moderate depression. The latter is a 18 month project which aims to support 1,600 singleton elders or elderly couples in Kwun Tong, in order to reduce their sense of loneliness and improve their physical and mental well-being during the pandemic. As of March, a total of 104 Care Ambassadors were trained and offered a full suite of support to more than 1,000 elders, included over 3,000 over-the-phone check-ups, 900 health checks, 300 home visits and care package delivery. In addition, 38 cases with special needs were identified and referred for follow-up services, and 11 elders with depression were given intensive counselling.





1

護老同行「疫」有轉「肌」

疫情也令不少長者及護老者久困家中缺乏運動，增加患上肌少症的風險，故此兩間長者地區中心獲社會福利署觀塘福利辦事處資助，於2020年10月至2021年3月期間，推行「護老同行—快樂不倒翁『疫』有轉肌計劃」，幫助留家防疫的長者做運動強化肌肉，預防肌少症，同時亦推行護老者抗逆管理課程，增強護老者面對困境的「抵抗力」，計劃共有169名長者及護老者參與，讓他們成為快樂「不倒翁」。

「疫」要遠走—家居消毒計劃

2020全球都在疫症的陰霾下，創老工作室在去年6月至8月期間，於香港賽馬會慈善信託基金的捐助下，推行「疫要遠走—家居消毒計畫」，為300戶九龍東區的長期病患家庭，提供緊急家居消毒、抗疫物資、防疫教育及義工探訪。



2

Walk With Carers, Let Them Stronger

Elderly and elderly carers being homebound and inactive during the COVID-19 pandemic has increased their risk of sarcopenia. Hence, our two DECCs organised a programme named “Walk with Carers – Muscle Strengthening” from October 2020 to March 2021 with a subvention from the Social Welfare Department Kwun Tong Office. The programme encouraged self-isolating elders to obtain more activities and train their muscle strength at home as a means to prevent sarcopenia, while offering a resilience training course for carers to reconcile themselves better to adversities. A total of 169 elders and carers took part and joined the fight against muscle loss in elders.

Say Bye to Virus – Household Disinfectant Project

People with chronic illnesses are particularly vulnerable to COVID-19. With a generous donation from The Hong Kong Jockey Club Charities Trust, our InnoAge team initiated the “Say Bye to Virus – Household Disinfectant Project” from June to August 2020. The project was proven successful and benefitted 300 households with chronically ill patients in Kowloon East district. Home disinfecting services, hygiene supplies, information on preventative measures and home visits by volunteers were provided.

1. 「護老同行」之頤鉢療癒齊體驗。
Participants experienced singing bowl therapy during the “Walk with Carers” programme.
2. 「疫要遠走—家居消毒計畫」進行家居探訪及需要評估，了解長期病患的服務需要。
Brief home visits and quick wellbeing screenings for chronically ill patients helped us identify hidden health concerns and service needs.



「香港輔助專業人員計劃」定期舉辦退休講座。
Retirement talks were regularly held as part of the "Hong Kong Auxiliary Professional Scheme".

香港輔助專業人員計劃： 延展專業至跨機構

香港輔助專業人員計劃在2020年擴展服務至各社福機構，包括與香港失明人協進會及香港傷健協會合作，配對23名退休專業人士參與體育口述影像服務、翻譯點字樂譜，及支援有特殊學習需要青年的生涯規劃及就業需要。

Extending aP Service to New Partners

Supported by The Hong Kong Jockey Club Charities Trust, "Jockey Club Golden Age Journey Project – Hong Kong Auxiliary Professional Scheme" was extended to involve other non-profit organisations including Hong Kong Blind Union and Hong Kong PHAB Association in 2020. A total of 23 retirees were recruited as auxiliary professionals and took up roles in providing audio-description services for sporting events, braille music translation, as well as life coaching and career planning for adolescents with special educational needs.



未來發展 OUTLOOK

要達致豐盛的人生下半場，積極的人生觀和良好的健康是重要的元素。我們將為此致力協助退休人士及長者尋找人生新意義並建立下半場的事業；我們亦會致力創造長者與科技的共融，協助他們改善獲取資訊的能力和效率；也會進一步深化醫社合作，以提升長者的身心健康。

Active participation and good health are some of the key components of a flourishing second half of life. We will continue to help retirees and elders find new meaning in life and embark on a second career. We will also dedicate ourselves to helping elders integrate information technology into their daily lives and access information independently and efficiently, while working more closely with the medical sector to improve their physical and mental well-being.

2020 - 2021 服務統計 (截至2021年3月31日)

SERVICE STATISTICS (AS AT 31st MARCH, 2021)

